



Smoked Ham Hocks with Lima Beans

Prep time: 10 minutes

Cook time: 50 minutes

Makes: 8 Servings

Try this traditional Southern dish as a soup or serve the beans and meat over a whole grain like brown rice for a more hearty meal.

Ingredients

1/2 medium onion

2 cloves garlic

2 pounds smoked ham hocks

8 cups water



1 pound frozen lima beans

1/2 teaspoon ground black pepper

Nutrition Information

Nutrients	Amount
Calories	130
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	10 mg
Sodium	400 mg
Total Carbohydrate	18 g
Dietary Fiber	4 g
Total Sugars	1 g
Added Sugars included	0 g
Protein	12 g
Vitamin D	1 mcg
Calcium	20 mg
Iron	1 mg
Potassium	775 mg
N/A - data is not available	

MyPlate Food Groups

	Vegetables	3/4 cup
	Protein Foods	2 1/2 ounces

Directions

1. Peel, rinse, and chop onion. Peel and mince garlic.
2. In a large pot over high heat, add ham hocks and water. Bring to a boil. Reduce heat to a simmer. Add onion and garlic. Cover and cook until meat is tender and internal temperature registers 145°F on a food thermometer, about 30-40 minutes.
3. Transfer ham hocks to a clean cutting board. Let cool.
4. Add lima beans to pot. Cook according to package directions.
5. When ham hocks are cool, shred meat from the bone, removing any fat. Return to pot. Stir in pepper. If using salt, stir in now.

Notes

Ham hocks may be salty enough already. Taste the dish before adding optional salt.

Serve this traditional southern dish like a soup or use a slotted spoon to take out the beans and meat. Serve over brown rice.

For extra flavor and color, add diced carrots and celery.

Use a leftover meaty ham bone or smoked neck bones in place of the ham hocks.

Source: Meeting Your MyPlate Goals on a Budget Toolkit by MyPlate National Strategic Partners